

Abstract

Title:

The impact of the intervention program on flexibility in school youth

Objectives:

The aim of this study is to assess the impact of the intervention program on flexibility carried out at 2 separate groups of female youngsters of 7th grade of elementary school. The Intervention program was identical to the evaluation test battery consisting of 6 motor tests, 4 standardized and 2 non-standardized. For standardized test we compared the results to the results of general population.

Methods:

In order to obtain data on the level of joint mobility of the test group, motor tests focused on the diagnosis of flexibility were used. The first measuring took place in January, the second after 5 months in June. Two groups of 7th grade girls were tested. One of the groups consisted of girls with studying focus in the musical art the second group had no specific studying focus. Six motor tests were used: Lasegue test, Thomayer test, shoulder girdle muscle test, Zitek test, gymnastics split and bridge. After the first measurement, the experimental group was determined by the worse measured values which had the intervention program included in physical education lessons twice in one lesson while the control group only once.

Results:

In Results after following the intervention program were as follows, more than 62% of the girls in the art specific group scored better and improved in each test. In the second group the results were mixed. Many of the girls also found improvement, but not as vigorous. We assume that the better results of the first group are mainly due to the increased intensity of the intervention program but this may also be affected by worse baseline values, thus creating more room for improvement.

Keywords:

Joint mobility, motor tests, gymnastic, stretching